



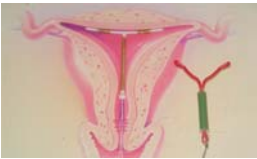






Refer to pages 139 to 147 in your Pregnancy and Childbirth Handbook for more information

It is a good idea to review your birth control options during your pregnancy, and decide on which one is best for you after delivery

HORMONAL METHODS

Available Options at Winn Army Community Hospital	BIRTH CONTROL METHOD	ADVANTAGE	DISADVANTAGE
	COMBINED ORAL CONTRACEPTIVES (Estrogen & progesterone) 99.7% effective perfect use 92% effective typical use Take one pill everyday	<ul style="list-style-type: none"> •Does not interrupt sexual spontaneity •Aids in improving various female medical conditions •Fertility returns within 3 months 	<ul style="list-style-type: none"> •Must be taken daily around the same time •Possible adverse side effects •No protection against sexually transmitted diseases (STDs)
	PROGESTERONE ONLY Oral contraceptives 99.7% effective perfect use 92% effective typical use Take one pill everyday	<ul style="list-style-type: none"> •Does not interrupt sexual spontaneity •Ideal for breastfeeding mothers; does not alter milk quantity •Fertility returns immediately 	<ul style="list-style-type: none"> •Must be taken daily at the same time •Can be made less effective if used with other prescription drugs •No protection against STDs or HIV
	DEPO PROVERA INJECTION 99.7% effective perfect use 97% effective typical use One injection every 12 weeks	<ul style="list-style-type: none"> •Sexual spontaneity not effected •Other medications do not alter its affect •Ideal for breastfeeding mothers; does not alter milk quantity 	<ul style="list-style-type: none"> •Possible weight gain •Fertility returns in 6 to 12 months •No protection against STDs or HIV
	NUVA RING 99.7% effective perfect use 92% effective typical use Place 1 ring per vagina, leave in for weeks, remove for 1 week	<ul style="list-style-type: none"> •Does not interrupt sexual spontaneity •Do not have to remember to take a pill daily 	<ul style="list-style-type: none"> •Possible adverse side effects •No protection against STDs or HIV
	IUD hormonal or non-hormonal 99.4-99.9% effective perfect use 99.2-99.9% effective typical use Inserted by Healthcare Provider	<ul style="list-style-type: none"> •Does not interrupt sexual spontaneity •Ideal for breastfeeding mothers; does not affect milk quantity 	<ul style="list-style-type: none"> •Must be in a monogamous relationship or risk serious infection •2%-10% expel the IUD within the 1st year •No protection against STDs or HIV

BARRIERS, SPERMICIDES, AND PERMANENT STERILIZATION

	Condoms 98% effective perfect use 85% effective typical use One condom per intercourse	<ul style="list-style-type: none"> •Reduces risks of sexually transmitted diseases and HIV •Low cost •Fertility protected 	<ul style="list-style-type: none"> •May reduce sexual sensitivity •Interrupts spontaneity •Must have male cooperation
	Spermicides 5%-50% effective Use per manufacturer instructions	<ul style="list-style-type: none"> •Spermicide used with a barrier method is highly effective •Low cost and available at stores •Can be used to provide lubrication during intercourse 	<ul style="list-style-type: none"> •Can promote vaginal infections •Can be irritating to the skin •No protection against STDs or HIV
	Diaphragm 94% effective perfect use 80% effective typical use Use per Healthcare Provider's instructions	<ul style="list-style-type: none"> •Safe method •No side effects •Does not require partner cooperation 	<ul style="list-style-type: none"> •Must use with a spermicide •At risk for toxic shock syndrome •No protection against STDs or HIV
	Tubal Ligation 99% effective Surgical procedure	<ul style="list-style-type: none"> •High effectiveness •Lack of long term side effects 	<ul style="list-style-type: none"> •Permanent •Reversibility difficult and expensive •No protection from HIV or STDs

Perfect use: Strictly following the directions for use of a particular birth control method

Typical use: The actual use of the birth control method to include inconsistency or incorrect use